

MOUNTAIN-ATHLETE-WARRIOR ASSESSMENTS

Further, Faster, Harder

Introduction

Soldier missions require a broad range of physical attributes that can be grouped into three categories: Strength, Endurance, and Movement Skills. Within each category, the requirement is further defined as follows:

- Strength sufficient for load carriage, IMT, and CASEVAC without physical bulk that detracts from endurance or movement proficiency.
- Endurance sufficient for 1) long-range movement at a relatively low speed and 2) short, explosive movements followed by short rest and then repetition.
- Movement skills sufficient for the safe and effective execution of tasks that require power, agility, balance, and coordination

The primary purpose of the assessments is to identify individual and team/squad areas needing improvement. This in turn guides subsequent physical training.

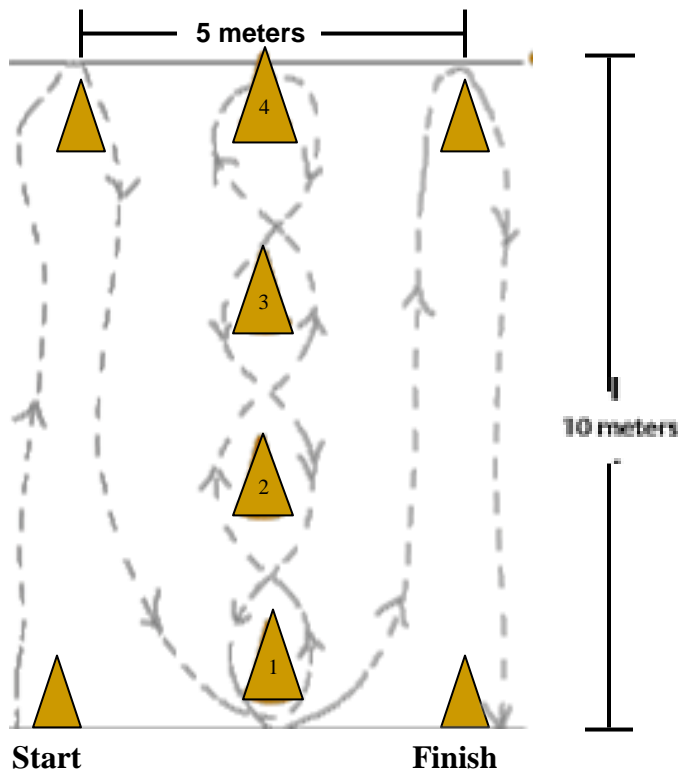
In addition to following the task/conditions/standards below, leaders should document the conditions under which the assessments were conducted (temperature, humidity, wind, and condition of the field). Documenting the individual and team/squad scores can be facilitated by using the sample scorecard.

TASK/CONDITIONS/STANDARDS

TASK 1: Illinois Agility Test. The purpose of this test is to measure quickness and agility.

CONDITIONS: Given a flat, paved surface, with a length of 10 meters and width of 5 meters, four cones marking the outer boundaries and four other cones 3.3 meters apart in the center.

STANDARDS: Begin in the prone position behind the start point, outside the first cone. The grader will give a preparatory command, "Ready." On the command "GO," Soldier jumps to their feet and negotiates the course around the cones to the finish (see the diagram below). If during navigation of the course a cone is bumped enough to move its position, the test must be repeated. The grader records the total time taken from the command of "GO" to when Soldier passes the last cone. Individuals that slip are given one other attempt to improve their score. Individuals that fail to navigate the course properly may repeat the assessment either immediately or after others in the squad have finished.



REQUIREMENTS PER STATION:

- 1 grader
- Flat, dry paved or grassy surface
- 8 - Cones
- Outer cones placement 10 meters long & 5 meters wide
- Middle 1st and 4th cones placement 2.5 meters centered from the outer cones and staggered ½ meter from the 10 meter line on each side.
- Middle 2nd cone will be exactly 3 meters apart from 1st cone. Middle 3rd cone will be exactly 3 meters apart from 2nd cone. Middle 4th cone will be exactly 3 meters from 3rd cone and ½ meters from 10

No rest period is required before moving to TASK #2.

TASK 2: Standing Broad Jump. The purpose of this test is to measure total-body power.

CONDITIONS: Given a solid athletic surface, a tape measure, and a line to mark foot placement. Soldier will have two attempts to jump as far as they can. The best of the two attempts is recorded.

STANDARDS: Stand with toes behind the line. On each attempt, up to three preparatory movements are allowed. By the third preparatory movement, the Soldier will triple extend the knees, hips, and ankles while using the upper body to propel their body as far forward as possible. The Soldier must stick the landing. The measurement will be taken from the heel of the closest foot. The grader will record the farthest jump.

***Measure in Feet to nearest inch (example: 7ft 8in**

REQUIREMENTS:

- 1 grader
- Flat, slip free area
- Long jump mat or tape measure
- Tape or given line to identify the starting jump line

No Rest is needed before Task #3

TASK 3: Pull-up. The purpose of this test is to measure muscular strength and endurance of grip and upper body pulling muscles in relation to body weight.

CONDITIONS: Given a pull-up bar that allows full body extension without the feet touching the ground.

STANDARDS: On the command “Ready”, move to a free-hang position with arms straight and elbows locked, using an overhand grip, with the thumbs placed over the bar. On the command of "GO", pull the body upward until the chin is over the bar. Return to the straight-arm hang position with elbows locked. Repeat this pull-up movement as many times as possible. The body must maintain a generally straight plane from head to toe. If the Soldier kicks their way up, the pull-up involved will not be counted. The grader may slow the speed of movement to ensure the elbows extend fully upon lowering. The score will be the number of correct repetitions performed.

REQUIREMENTS:

- 1 grader
- Required straight Pull-up bars in accordance with FM 7-22 foot pegs
- Two safeties (front & rear) to prevent falling

A five-minute rest period is required before beginning TASK #4.

TASK 4: Metronome Push-up. The purpose of this test is to measure the muscular endurance of upper body pushing and core muscles.

CONDITIONS: Given a solid, level surface and a metronome set to 1 second intervals.

STANDARDS: On the command “Get Ready,” assume the kneeling front-leaning rest position. On the command “Get Set,” assume the front-leaning rest position. On the command “GO,” lower the body until the upper arm is parallel to the ground. On the next metronome sound, immediately return to the front-leaning rest. On the next metronome sound, immediately return to the lower position as described above. When the Soldier can no longer stay with the metronome cadence, the test is terminated and the last number of correct reps is recorded. There are no rest positions for this test. The body must maintain a generally straight line throughout. If the Soldier maintains the metronome cadence, but fails to meet other performance standards (does not extend elbows fully on rising, fails to bring the upper arms parallel to the ground on lowering, sags/arches the pelvis/trunk at any point) the grader will repeat the number of the last correct repetition and the Soldier to make the corresponding correction.

REQUIREMENTS:

- Metronome program (60 beeps per minute)
- 1 grader
- Loud speakers
- Flat, none slippery area

A five-minute rest period is required before beginning TASK #5.

TASK 5: 300-yard Shuttle Run. The purpose of this test is to measure anaerobic endurance.

CONDITIONS: Given a flat, paved surface with line markings 25 yards apart.

STANDARDS: Line up in the sprint, crouch, or standup start positions with both feet and hands behind the starting line. The grader will give a preparatory command, “Ready.” On the command “GO”, run to the opposite end of the course and make a direct turn by placing at least one foot on or over the line, return to the starting line, makes another turn, and continue in this way for six (6) round trips, sprinting past the finish line on the last trip. Do not take a circular path to make any turn. The grader records the total time taken from their command “Go” to completion of the course. A one-minute rest period is given, and then the 300-yard shuttle is repeated. The rest period begins after the last the Soldier in a group crosses the finish line. Leaders should organize their Soldiers so that there is minimal time separating the first and last Soldiers in a group. The grader averages the two repetitions to calculate the overall score for this event.

REQUIREMENTS:

- Flat, paved surface
- Cones or given line to mark start point and turn around point (amount of cones depends on amount of personnel participating)

A five-minute rest period is required before beginning TASK #6.

TASK 6: Heel Claps. The purpose of this test is to measure muscular strength and endurance of grip, pulling, and core muscles.

CONDITIONS: Given a pull-up bar that allows full body extension without the feet touching the ground, and is long enough to allow the movement to standard.

STANDARDS: On the preparatory command, “Ready,” the Soldier moves to a free-hang position with elbows bent to approximately 90 degrees, using an alternating grip so that the body faces along the length of the pull-up bar rather than toward the bar. On the command "GO", the Soldier lifts his lower body upward and raises the feet over the bar to tap the heels together (repetitions will not be counted if only the toes touch over the bar). The Soldier then returns to the starting position, maintaining the elbows at 90 degrees throughout. The Soldier repeats this sequence as many times as possible. The body must be held approximately straight in the lower position. The Soldier cannot rest the legs on the bar or swing past the starting position on lowering. If the Soldier extends the elbows to less than 90 degrees, that repetition does not count. The Soldier must return to and pause at 90 degrees before attempting the next repetition. The Soldier’s score will be the number of correct repetitions performed.

REQUIREMENTS:

- 1 grader
- Required straight Pull-up bars in accordance with FM 7-22 foot pegs
- Two safeties (front & rear) to prevent falling

A five-minute rest period is required before beginning TASK #7.

TASK 7: BEEP Test. The purpose of this test is to measure aerobic endurance.

CONDITIONS: Given two points, marked 20 meters apart, and one beep test audio file/CD.

STANDARDS: Wait behind the start line and begin the event at the direction of the audio file/CD. When prompted, run continuously back and forth between the marked points, attempting to touch the line with at least one foot at the recorded beeps. It is not necessary to touch the line with the hands, nor is it necessary for both feet to cross over the line. When the Soldier fails to make it to the line on the beep twice in a row the test is terminated. The score given to the Soldier is the last level he successfully completed. This score can then be used to estimate VO2 Max, a measure of aerobic fitness.

REQUIREMENTS:

- 1 grader
- Flat, paved surface
- Cones or given line to mark start point and turn around point (amount of cones depends on amount of personnel participating)
- Beep test program
- Loud speakers